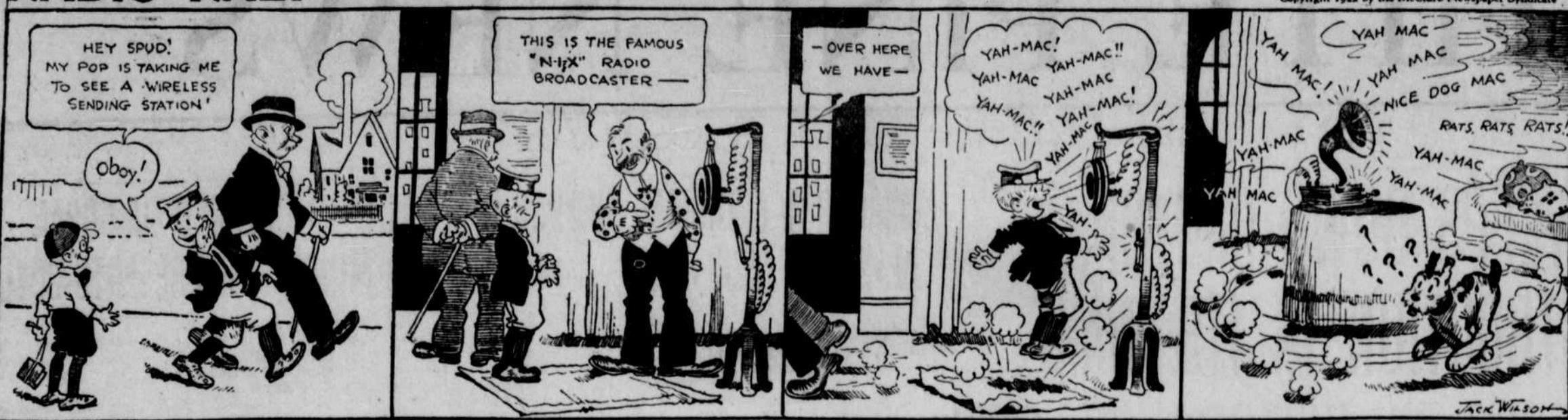


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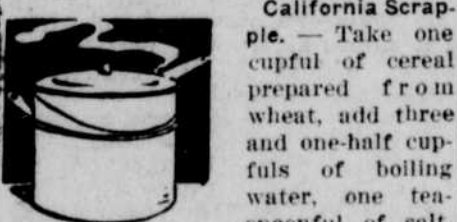


THE KITCHEN CABINET

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WHAT TO EAT

For those who like the old-fashioned scrapple, the following dish will appeal.



California Scrap.—Take one cupful of cereal prepared from wheat, add three and one-half cupfuls of boiling water, one teaspoonful of salt, and cook five minutes. Cook in a double boiler for 10 minutes. Cook one pound of sausage, add one tablespoonful of sage, one-half teaspoonful of pepper, mix all together and put into a mold. Slice when cold, roll in flour and fry in hot fat.

California Mock Duck.—Take one and one-half pounds of flank steak, and pound until the fibers are well broken. Brown quickly on both sides. Mix one and one-half cupfuls of crumbs, add one cupful of chopped prunes, one-half teaspoonful of salt, one-eighth of a teaspoonful of pepper, one teaspoonful of lemon juice, one egg, mix and fill the center of the steak, roll up, cover with pieces of suet, surround with hot water, cover and bake one hour. Thicken the gravy and serve.

Eggs, Southern Style.—Cook six eggs hard, and shell. Boil two onions and chop fine. Prepare a white sauce, using four tablespoonfuls of flour and two tablespoonfuls of butter; when well blended add two cupfuls of milk, salt and pepper to taste. Lay the eggs in the sauce and serve all hot.

Chili Sandwich.—Take one cupful of tomato paste or soup reduced until thick, one-half cupful of vinegar, one teaspoonful of pickling spices, one-half cupful of chopped onion, the same of green pepper, one-tablespoonful of cornstarch, one cupful of chopped meat or one-half cupful of peanut butter. Cook the spices and vegetables in the soup, thicken with cornstarch, add it diluted with a little cold water and cook five minutes. Cool, add meat or butter and spread on slices of bread.

Cottage Cheese Sandwich.—Take a tablespoonful of minced chives, add to one cupful of cottage cheese which has been seasoned and enriched with a tablespoonful of cream. Use brown bread buttered, add a tablespoonful of chopped cherries and spread with the cheese.

THE KITCHEN CABINET

At Christmas I no more desire the rose Than wish a snow in May's new fangled mirth; But like of each thing, that in season grows. Shakespeare.

HELPS FOR THE HOUSEKEEPER

Canned shredded pineapple, added to various fruit butters, such as apple, plum or apricot, improves the flavor.

The meats from prune pits may be ground and used to add flavor and richness to cake fillings and various other dishes.

Small potatoes, which take so much time to prepare, may be washed and cooked in their jackets, then put through the potato ricer. The skins will stick to the top of the ricer and may be easily removed.

Sharpen the knives of the food grinder by using the bits of scouring soap, grinding them through it a few times.

Use paper towels to wipe out greasy dishes, soil spots on table and floor, and spilled food on the stove, besides numberless other ways which will occur to the housewife.

Save griddle cake batter for dipping croquettes or meat balls. It can be used as fritter batter, thus saving what might otherwise be thrown away.

Before painting the house around the windows, cover them with a thick coating of window cleaning powder. The paint and powder will come off, leaving the windows bright and clean.

This common house paint with even-

one, then with a brush or cloth apply to rugs and carpet. The result is very satisfactory and may be repeated when the rug is faded. Designs may be painted in with colors, making the rug look like new.

Popped corn painted with a brush and delicate colors of vegetable coloring may be used on a frosted cake as decoration. Leaves cut from citron may be used with the corn flowers.

Dry bread cut in cubes and fried in butter until crisp makes a good breakfast food served with sugar and cream.

A bathing cap may be used for an ice bag in an emergency. Close the opening with a rubber band and dust with talcum after drying.

Pack potato in greased muffin rings and fry. The cakes will be uniform and will easily come out of the rings in dainty cakes.

Nellie Maxwell

"HELLO" BARRED IN BOSTON

According to Superintendent of Schools Burke the Word Is Both Undignified and Slovenly.

Do not say "Hello" when you pick up the telephone.

Avoid "Nope" and "Yep" in your conversation when you mean "No" or "Yes."

If Boston is going to sustain its reputation as the Athens of America, it must quit the use of these barbarisms, according to Jeremiah E. Burke, new superintendent of Boston schools.

It is more in accordance with Boston culture to say something like "This is Mr. Smith talking; with whom am I conversing?"

"There are many words," Superintendent Burke says, "which may be used in place of that moth-eaten, undignified and impolite word 'Hello.' Its use is condemned in Boston schools, particularly in classes in salesmanship where knowledge of dignified and grammatical English is essential. 'There is no excuse for the use of 'Nope' and 'Yep' in conversation. I believe that if Boston school children will check themselves in their use, parents at home will gradually dispense with their use."

"My advice to the children in Boston schools is:

"Don't be slovenly in the use of English. Slovenliness is the result of habit, and once tolerated, it is likely to cling to all of us until mature life."—Boston American.

ETIQUETTE THAT SEEMS ODD

Table Manners at the Time of Chaucer Were of a Decidedly Primitive Character.

Table manners at the time of Chaucer were described in a lecture by Kenneth Hare, author and poet, on "A Holiday in London in the Days of Chaucer." Etiquette in those days (the latter half of the Fourteenth century) demanded that meat should be held between two fingers and a thumb of the left hand, and no more, if one was to be received in polite society. After soup, pike roasted in claret and flavored with strange and varied spices was eaten. Then followed partridge roasted with saffron, cloves and ginger, and jam tarts and jelly.

It was the custom to change the cloth with the courses, and one read of one feast in which each new cloth was scented with a perfume appropriate to the dish. In Chaucer's day the bath in construction was not unlike a miniature pulpit, and a bouquet of sweet scented herbs was hung over it for the stream to draw out their refreshing qualities.

The Man in the Moon.

Observations made from August, 1920, to February, 1921, by Prof. William Henry Pickering of Harvard, who is one of the world's leading astronomers and an authority on lunar and Martian phenomena, tend, he asserts, to prove beyond doubt that life exists on the surface of the moon. The professor bases his assertions on a series of telescopic photographs of a crater with a circumference of 37 miles. Hundreds of photographic reproductions have, it is stated, proved irrefutably the springing up at dawn, with an unbelievable rapidity, of vast fields of foliage, which come into full blossom just as rapidly, and which disappear in a maximum period of 11 days. The plates also show that great blizzards, snowstorms and volcanic eruptions are frequent. "We find," says the professor, "a living world at our very doors where life in some respects resembles that of Mars—a world which the astronomical profession has in past years utterly neglected and ignored."

The White Pine News \$2 per year.

STRATEGY OF LEE EMPLOYED

Marshal Foch Says If General Was Traitor He Wishes France Had More of Them.

It is hardly to be wondered at that the greatest soldier of the Twentieth century should take occasion to pay his tribute of admiration and affection to the memory of one of the really great commanders of modern times, a soldier whose military genius was equaled only by the purity of his purpose and the splendor of his character, says the Louisville Courier-Journal.

Soldier-like, Marshal Foch employs few words in answering the anonymous "American Patriot" who had telegraphed him at a Virginia town that Robert E. Lee was a traitor.

"If Gen. Robert E. Lee was a traitor," said the marshal of France, "Napoleon Bonaparte was a coward. If General Lee was a traitor, I wish France had more of them. He was one of the greatest military leaders the world has ever known."

In winning the World war, Ferdinand Foch leaned heavily upon the shoulder of Robert E. Lee. It was "the sword of Lee" that flashed on every battlefield in France from the first battle of the Marne to Armistice day.

Lee's strategy, revived and employed first by Joffre and later by Foch, held the Hun along the French front, swift to attack again, until at length the Hindenburg line was pierced and the enemies of civilization sued for peace.

In his estimate of Lee, Marshal Foch takes his stand beside Viscount Wolsey, of England, who declared that Lee was "the greatest soldier given to the world since the days of Marlborough."

TIGHT WRIST WATCH WARNING

Neuritis in the Fingers and Hands Has Been Traced to the Pressure on Nerves.

Be careful not to bind the strap of your wrist watch too tight. Several cases of neuritis in the fingers and hands has been traced to this cause. Dr. John S. Stophord tells in the Lancet of a student who experienced tingling pains along the inner borders of the hand and in the little finger. These had persisted for some time and caused discomfort and anxiety. On examination a tender point was discovered on the dorsal surface of the styloid process of the ulna, and pressure in this situation caused pain to radiate from this point into the dorsal cutaneous branch of the ulnar nerve. There was no sign of paresis or atrophy of any of the intrinsic muscles of the hand, nor were any trophic changes found. On investigating a cause for this localized neuritis the only possibility appeared to be the wearing of a tight wristlet watch, which clearly could produce compression of the dorsal cutaneous branch of the ulnar nerve as it curved round the lower extremity of the ulna. On discarding the wristlet the discomfort gradually disappeared.

"Hopeless."

She can do about as she pleases, this little mite of six summers. While her Aunt Ellen heartily disapproves of such "goings on" and never fails to give some well-meant advice, even she cannot always suppress a smile. The assertive young person was playing her mother's expensive victrola and as the golden notes of Mme. Galli-Curci's voice poured forth in her famous "Dinorah" record, remarked: "Say, Aunt Ellen, how can she sing like that?" Aunt Ellen thought this a fitting occasion on which to appeal to the child's better nature and told her that God had bestowed this great gift upon the singer at birth, under the tutelage of famous masters, it had been brought to its present power. Expecting some sweet childish response, she was completely taken off her guard at hearing her young relative rejoin: "Gee, God gave me some dizzy voice!"

Bootleg.

Liquor, shipped to foreign countries for storage on the eve of national prohibition, is gradually being brought back, some by smugglers, some through legitimate channels. The total of this liquor is worth \$300,000,000 in the legitimate market, \$1,000,000,000 if handled by bootleggers, says John D. Appleby, general prohibition agent in the New York and New Jersey district. At this rate, the bootlegging system takes 233 per cent profits for the risk it runs. This reduces bootlegging to a mathematical basis, operating on the law of averages.

The News delivered in Ely, Central Ely and East Ely for 26 months.

THE HOME RADIO

How to Make and Use It By A. HYATT VERRILL Copyright by Harper & Brothers

IX. AIR-GAPS AND LIGHTNING SWITCHES

A great many people are very much afraid of lightning following an aerial and injuring the premises, for they seem to think that the wires "attract" lightning, just as many people with intelligence and education still believe that steel knives or hardware or wire netting window screens "attract" the lightning. As a matter of fact, none of these things "attract" the lightning, but merely form a convenient conductor to enable the lightning to ground itself. Lightning-rods are designed for the same purpose and a properly installed aerial, instead of jeopardizing a building, is really an excellent safeguard and makes a splendid lightning rod. Lightning strikes a building or object when it is trying to find a way to the earth and if the object struck is a good conductor of sufficient capacity it does no damage. For this reason, houses covered with wire netting and climbing vines are far safer than those which are bare, and steel buildings, such as the New York skyscrapers, steel bridges, elevated structures, iron smokestacks and chimneys, iron steamships and railway tracks are seldom injured by lightning although frequently "struck"; the reason being that the electricity passes through them freely without encountering resistance. On the other hand, wooden buildings, trees and human beings are poor conductors and when dry are almost non-conductors of electricity, and when the lightning tries to follow such objects to ground, the resistance is so great that serious damage is done. It is exactly like forcing water through a pipe. If you have a powerful stream of water or a great volume of water and provide a pipe large enough for it to flow freely, the pipe will not be injured, even if it is very light and frail; whereas, if you attempted to force the same stream or same volume through a much smaller or clogged pipe, the pipe would be burst or the water would overflow and flood the surroundings. Statistics prove that as far as aerials are concerned there is no danger and

records of fires or injuries from aerials during thunder storms are extremely rare. During an electrical storm the instruments cannot be used owing to the "static" or electricity in the air and the confusion of currents, waves and inductance, and by installing a lightning-switch or an air-gap there will be no danger to the premises. In fact, a properly installed aerial does not affect the rate of insurance and if installed in accordance with the regulations of the local fire department you may be sure there is not the least danger. The fire department records of New York City do not show a single instance of conflagrations started by aerials and lightning.

The simplest and best safeguard for receiving aerials is the air-gap shown in Fig. 16. This consists of two metal attachments separated by about one-eighth of an inch A-B, one of which (A) is attached to the lead-in wire (the wire to set being fastened to it also) while the other (B) is connected by a wire to the ground directly. This gap is mounted in much the same manner as a lightning-switch, Fig. 17 (on a window sill or other convenient spot), in which A shows connections to aerial, B to receiver and C to ground connection. When the station is not in use, or during thunder storms, the handle D is thrown from A to C, this cutting off all connection between the lead-in wire and the instruments and connecting the aerial directly with the ground.

Aerials for sending or transmission stations are very different from those used for receiving only and should be of several wires. The most efficient is probably the "cage" type shown in Fig. 18, but any of the others illustrated in Figs. 19, 20 and 21 will answer. These should, of course, be fully insulated and the various methods of doing this are well shown in the figures and require no explanation. To install sending stations a license is required, whereas to receive, no license is needed.

To Prevent Foot Trouble.

One of the supremely important points to be remembered in shoe fitting is that the foot must be measured from the heel to the ball of the foot, and not to the end of the great toe. Meeting the former measurement will bring the ball of the foot into the widest part of the shoe, where it belongs. Shoes thus fitted will usually be of a longer but a narrower last than those previously worn, but will be far more gracefully worn than a shorter, wider one. This rule remembered will eliminate a vast deal of foot misery.

Fighting Weeds.

In sections of the Northwest the fruit growers cover the fields with roofing paper, cutting out round holes for the melon hills. It has been found that by this practice all weeds are smothered and there is a big saving in labor for cultivation and irrigation.

Wealth Has Its Drawbacks.

It would be a considerable consolation to the poor and discontented, could they but see the means whereby the wealth they covet has been acquired, or the misery that it entails.—Zimmermann.

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